

**ON THE RUN** — Capt. Ricardo Medal, right, Commanding Officer, Marine Corps Detachment, leads about 65 runners on Nov. 2 in the Toys for Tots Run from Building A-71 on a 1.5 mile course to the Navy Exchange and back. Toys for Tots is sponsored by the Marine Corps Reserves. Story, another picture, Page 2.

Ron Fontaine/U.S. Navy photo



### 3 ex-smokers breathe easier

Three former smokers praise the quality of the Tobacco Cessation Program at Naval Ambulatory Care Center, Newport.

— Page 3



### Retired O-8 retires again

Retired Rear Adm. Strasser retires again—this time as executive director of the Naval War College Foundation.

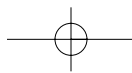
— Page 4



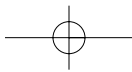
### NAVSTA IAs back from Iraq

NAVSTA Individual Augmentees return from nine months' duty at a detainee internment facility in northern Iraq.

— Pages 10-11







# Kids in need to benefit from Toys for Tots Run

By JOY CHRISTMAS  
NAVSTA Public Affairs Staff

The runners participating in the Marine Corps Reserves Toys for Tots Run/Walk last Thursday dismissed the damp chilly weather with the thoughts of putting smiles on the faces of boys and girls less fortunate this coming holiday season.

More than 65 personnel, mostly Marines, turned out for the annual event started by the Marine Corps Detachment (MARDET) at Naval Station Newport in 2001.

Sgt. Candie Coleman, who is attending the Broadened Opportunity for Officer Selection and Training (BOOST) Program, said she didn't hesitate to come out.

"We do it for the kids," said Sgt. Coleman, who did some stretching before the run. "There is a need. Every little child should receive something special for the holidays."

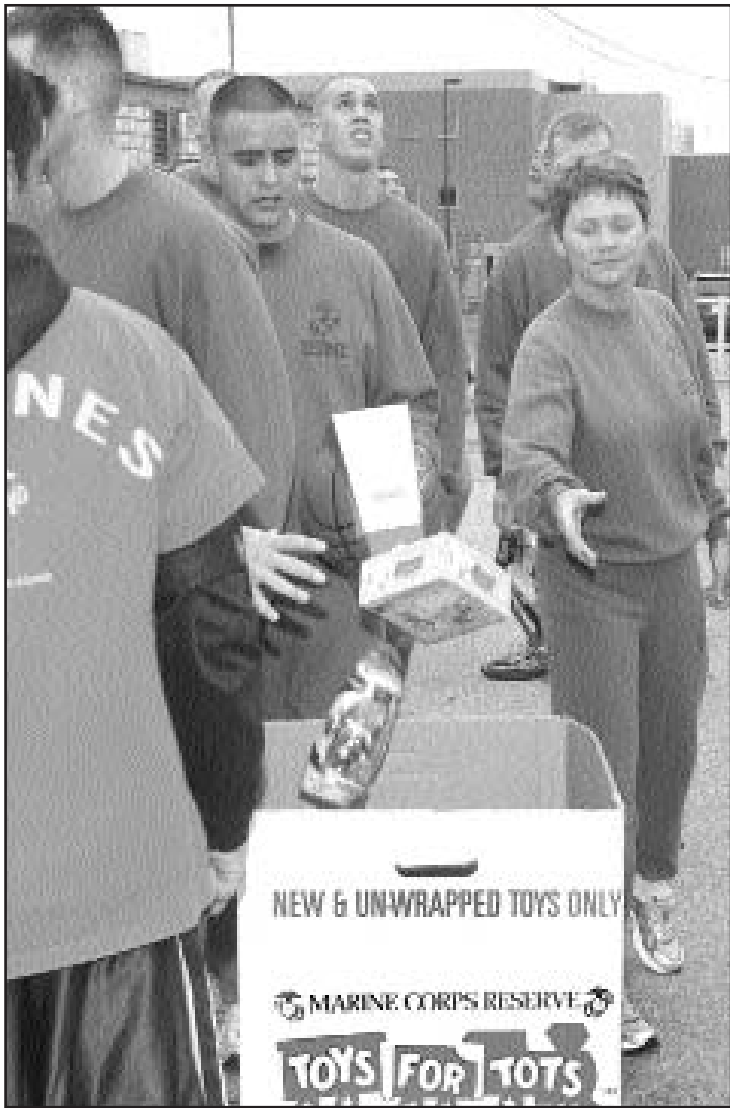
In addition to the staff of MARDET and students in the BOOST program at Officer Training Command-Newport (OTC-N), students from Naval Justice School (NJS), the Naval War College and two civilian personnel from the Naval Criminal Investigative Service carried new, unwrapped toys on a 1.5-mile course.

The runners followed a route across the pedestrian bridge to Coddington Point, onto the Navy Exchange, made a loop through the NEX parking lot and back to MARDET. On their return to MARDET, they were greeted by Staff Sgt. Manases Cabrera of the Providence Inspector-Instructor Staff, coordinators of the Rhode Island Toys for Tots campaign, where the toys were deposited in a large collection box.

Staff Sgt. Cabrera said, last year more than 41,000 toys were collected and distributed to about 17,000 kids in Rhode Island, and hopes to exceed those numbers this year.

"You will give hope to so many kids in Rhode Island this holiday season, said Cabrera to the participants before the start of the run. "As we serve overseas, this is an opportunity to serve and make an impact at home. We appreciate you coming out today."

Marine Col. Terry Reid, a student in the



Ron Fontaine/U.S. Navy photo

**SANTA'S HELPERS — Gunnery Sgt. Kimberly Simone, right, Marine Corps Detachment, tosses her gift into the collection box at the end of the Marine Corps Detachment Toys for Tots Run last week.**

Senior Course at the Naval War College, came out to participate with his wife, Jackie.

"I strongly supported the program while in command in Okinawa," said Col. Reid. "As a student I took off to support the program this

year. There are a lot of needy children out there."

The race is just one source for collecting toys for Toys for Tots.

The collection will continue through mid-December. Toys for Tots donation boxes are located at various commands throughout NAVSTA and at all U.S. Post Offices, as well as other locations throughout the state.

For more information about the Toys for Tots Program, contact Cabrera in Providence at (401) 461-2473.

# Forrestal Sailors plan wreath-laying for Veterans Day

By RICHARD ALEXANDER  
Navalog editor

About 100 members and family of the USS Forrestal Association will hold wreath-laying ceremonies at the brow of the decommissioned aircraft carrier at Pier 1, Naval Station Newport, on Saturday at 10:45 a.m.

The annual Veterans Day ceremony remembers lost crewmembers, many of whom died in 1967 when a fire broke out aboard ship off the coast of Vietnam. The ship was decommissioned in 1993.

Other observances will be held across Rhode Island Saturday.

The holiday, formerly Armistice Day, marks the end of hostilities in World War I on the 11th hour of the 11th day of the 11th month in 1918.

Navy Band Northeast's Marching Band will march in the East Greenwich Veterans Day parade at 10 a.m.; and a Naval War College color guard and NAVSTA Newport staff Chaplain (Cmdr.) Mitchell Schranz will participate in the annual Fall River, Mass., Veterans Day parade and ceremony at 2 p.m.

The Fall River War Veterans Council said Chaplain Schranz also will give opening and closing prayers at the Veterans Day observance after the parade in the Municipal Veterans Memorial center, 72 Bank St.

A Naval Health Clinic New England/Naval Ambulatory Care Center color guard and a Marine Corps Detachment color guard will march in the annual South Kingstown Veterans Day parade and ceremony at 10 a.m.

Navy Band Northeast's rock band, Rhode Island Sound, will perform aboard a parade float on Saturday in the Veterans Day parade in New York City.

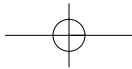
In Newport, the United Veterans Council of Newport County and Newport VFW, will hold ceremonies Saturday at 11 a.m. outside City Hall.

Army Maj. Darman C. Place Jr., a Naval War College student, will be guest speaker

As in past years, the Newport Artillery Company, veterans organizations of Newport County, the Rogers High School Army Junior ROTC, clergy, city and legislative officials as well as local area townspeople will participate and attend the observance.

The Miantonomi Memorial Park Commission's stone tower will be open to the public on Saturday from 12:30 to 2:30 p.m.

Portsmouth American Legion also will sponsor Veterans Day ceremonies on Saturday at 9 a.m. at Town Hall on East Main Road, post commander Vincent D'Andrea said.



**Navalog**

**Capt. Todd W. Malloy**  
Commanding Officer, Naval Station Newport

<b>Lisa Rama</b> NAVSTA Public Affairs Officer	<b>Bob Krekorian</b> NAVSTA Public Affairs Staff	<b>Greg Kohlweiss</b> NAVSTA Public Affairs Staff
<b>Ron Fontaine</b> NAVSTA Public Affairs Staff	<b>Joy Christmas</b> NAVSTA Public Affairs Staff	<b>Richard Alexander</b> NAVALOG Editor

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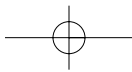












Ron Fontaine/U.S. Navy photo

**HEAVY LIFTING** — A front end loader on Nov. 2 removes net floats, retrieved in contracted cleanup operations in Narragansett Bay, from one of eight tractor trailer trucks that arrived south of Pier 1 at Naval Station Newport. Contractor MCC Construction of Storrs, Conn., began removing 90 net floats from the shoreline last week, and the work is expected to be completed by Dec. 26. The floats were used by the Navy to hold anti-submarine and torpedo nets in position throughout the bay during World War II.

# Clinic extends Flu Mist hours

Naval Health Clinic New England (NHCNE – Medical) has extended the hours at the Immunization Clinic for the administration of Flu Mist. As of *Newport Navallog* deadline, the injectable flu vaccine was still unavailable.

The Flu Clinic is hoping the extended hours on Tuesdays and Thursdays will facilitate the vaccination of school children.

Flu clinic hours at Naval Ambulatory Care Center, Newport, on Monday, Wednesday and Friday, will remain from 8 a.m. to noon.

On Tuesday and Thursday the Flu Clinic will be open from 8 a.m. to noon and 3 to 4:15 p.m.

NHCNE – Medical is providing vaccinations for: dependent beneficiaries and retirees, Security and the Fire Department and active duty/civilian staff of NHCNE.

King Hall will continue to vaccinate the other tenant commands on NAVSTA, 8 to 11 a.m. and 2 to 3:30 p.m.

## FFSC to close for Thanksgiving

The Fleet and Family Support Center (FFSC) will be closed for business on Nov. 23 and 24 in observance of the Thanksgiving holiday.

The office will reopen for business on Monday, Nov. 27.

If there is a need for immediate assistance, please contact the Naval Station Newport quarterdeck at 841-3456.

Collectors: you will receive a copy of SHIP OF GHOSTS and THE LAST STAND OF THE TIN CAN SAULERS personally autographed by Jim!

# SHIP OF GHOSTS

THE STORY OF THE USS HOUSTON, FDR'S LEGENDARY LOST CRUISER, AND THE EPIC SAGA OF HER SURVIVORS

**JAMES D. HORNFISCHER**  
*Author of The Last Stand of the Tin Can Sailors*

# MEET THE AUTHOR!

*Best-selling author Hornfischer to visit Cove on Nov. 18*

In the Pacific war's desperate early days, the cruiser U.S.S. *Houston* (CA-30) ran a terrifying gamutlet through the imperiled Java Sea. Isolated and without hope of reinforcement, her crew made a gallant final stand in a a savage night battle near Sunda Strait. But the ship's sinking on March 1, 1942, was only the beginning of their epic ordeal.

The question of the *Houston's* fate would endure as a mystery to

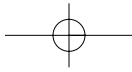
loved ones at home for almost four years. Only their unyielding courage and faith carried the survivors though--and gave rise to a naval legend. ⚓



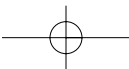
**ABOUT THE AUTHOR**  
James D. Hornfischer is the author of two books: *SHIP OF GHOSTS: THE STORY OF THE USS HOUSTON, FDR'S LEGENDARY LOST CRUISER* (Bantam, October 2006) and *THE LAST STAND OF THE TIN CAN SAULERS* (Bantam 2004), winner of the Samuel Eliot Morison Award for Naval Literature and a main selection of the Book-of-the-Month Club. Holder of law and graduate business degrees from the University of Texas at Austin, Mr. Hornfischer is one of the few literary agents in the country who is both a licensed attorney and a former New York book editor.

**Where:** USS Massachusetts  
**When:** November 18, 2006, at 2 PM  
**Admission:** Free with paid General Museum Admission

THIS CULTURAL EVENT AT BATTLESHIP COVE WAS GENEROUSLY SPONSORED BY THE US NAVY CRUISER SAULERS ASSOCIATION. LEARN MORE AT [WWW.USNAVCRAISERS.ORG](http://WWW.USNAVCRAISERS.ORG)







What's going on

Tributes slated for veterans

All are welcome to attend local Veterans Day observances on Saturday, Nov. 11.

The United Veterans Council of Newport County and the Newport Veterans of Foreign Wars will hold formal ceremonies on the lawn of Newport City Hall at 11 a.m., marking the exact time and day in 1918 the armistice was signed to end World War I.

Army Maj. Darman C. Place Jr., Naval War College student, will serve as guest speaker. Other participants will include The Newport Artillery Company, various veteran organizations, the Rogers High School Army Junior ROTC and local and city and legislative officials.

In other activities, the Portsmouth American Legion will hold ceremonies beginning at 9 a.m. at Town Hall on East Main Road, and the stone tower in Miantonomi Memorial Park on Hillside Avenue, Newport, will be open to the public from 12:30 to 2:30 p.m.

The park is dedicated to Newport's native sons who died in World War I.

TODAY, Nov. 9

• "Through the Eyes of a Soldier," personal black and white photo exhibit of World War II, continues through Dec. 10, Salve Regina Uni-

versity, University Gallery, Mercy Hall, corner of Lawrence and Leroy Avenues. Open to the public, Monday through Thursday from 11 a.m. to 4 p.m., Friday from 11 a.m. to 1 p.m. and Sunday from 2 to 4 p.m.

• Newport Public Library Bookmobile visits Reliance Row, 3 to 3:30 p.m.; Enterprise Court/Resolute, 3:30 to 4 p.m. For more information, call 847-8720, extension 115.

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport.

FRIDAY, Nov. 10

• Veterans Day federal holiday  
• Marine Corps 231st birthday.  
• Sovereign Bank Family Skating Center opens, through March 31, Newport Yachting Center, downtown Newport. Call 846-1600 for more information.

• Newport Playhouse and Cabaret Restaurant production, *Bedside Manners*, begins through Nov. 19, 11 a.m. and 6 p.m., Connell Highway, Newport. Visit [www.newportplayhouse.com](http://www.newportplayhouse.com)

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Dr. Marcus Wheatland Boulevard, Newport; Salvation Army, Memorial Boulevard, 5 to 5:45 p.m.

SATURDAY, Nov. 11

• Veterans Day proper  
• Veterans Council Veterans Day Committee observances: 8:30 a.m., wreath-laying at Honor Roll Garden on Hope Street; 9 a.m. ecumenical memorial service, R.I. Veterans Home Chapel, Metacom Avenue; 10:30 a.m., Frank J. Williams, Chief Justice of the Supreme Court of Rhode Island, speakers in heated tent on the grounds at the Veterans Home.

• Veterans Day ceremonies, The R.I. Division of Veterans Affairs, State Room of the Rhode Island State House, Providence, 1 p.m.

SUNDAY, Nov. 12

• Chapel of Hope worship services:

— Protestant service, 8 and 10:30 a.m.

— Catholic mass, 9 a.m.

• Seal Watching continues through Nov. 19, 10 a.m. to 2 p.m., Kayakcentre, Phillips Street, Wickford, travel waters around Wickford in double kayaks and get a up close view of harbor seals. For more information, visit [www.kayakcentre.com](http://www.kayakcentre.com)

• 23rd Annual Taste of Newport, 5:30 p.m., Hyatt Regency Hotel, Goat Island, Newport. Sample the creations of more than 45 of Newport County's best chefs and caterers. Call 848-4101 for more information.

MONDAY, Nov. 13

• University of Rhode Island (URI) veterans salute. Military personnel receive four free tickets to URI men's basketball game, Rams vs. University of Houston Cougars, 7 p.m., Ryan Center box office.

TUESDAY, Nov. 14

• Newport Navy Choristers rehearse, 6:15 p.m., Quinn Lecture Room, Naval War College.

WEDNESDAY, Nov. 15

• Soup Kitchen, 8:30 a.m., Dr. Martin Luther King Jr. Center, Marcus Wheatland Boulevard, Newport.

THURSDAY, Nov. 16

• Island Foghorns Toastmasters Club meets, 4:30 to 5:30 p.m., Middletown Public Library, 700 West Main Road, Middletown. Opportunity to develop communication and leadership skills in a fun, social and non-intimidating environment. Call Mary Ann Grota, 841-4196. Also, Dec. 7 and 21.

• Newport Public Library Bookmobile visits Reliance Row, 3 to 3:30 p.m.; Enterprise Court/Resolute, 3:30 to 4 p.m. For more information, call 847-8720, extension 115.

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5TH WARD



Nice 2 family with many great features including a 2 car garage, large yard, deck & patio. 1st flt. unit w/ finished basement, wood above in living room, granite & stainless in kit, w/ deck off 1st flt. 2nd flt. freshly painted, tile kitchen, deck off living area, & rented thru June 2007! Offered @ \$459,000

BRIDGEVIEW CONDOS



Spacious townhouse style end unit w/ 2 bed & 1.5 baths. Hardwood throughout, ceramic tile in kitchen & bath, laundry in unit, high ceilings on 2nd floor & 2 assigned off-street parking. Great location for commuters, naval base & still only about 5 min. drive to Downtown Newport. Offered @ \$263,000.

PRISTINE CONDO



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2 family in "The Point" just steps to downtown Newport but still a quiet area! Interior updates include windows, bath, kitchen, appliances, flooring and freshly painted all within the past 2 years. Corner lot with great location on the corner of Elm & Cross just a block from Bridge St. \$5000 Seller Concession. Offered @ \$409,300

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3 family on Thames, 1st flt. new kitchen & bath, high ceilings & fireplace, 2nd flt. fireplace & freshly painted, 3rd flt. new pergola throughout, great rental history, low maintenance, email yard, tenants pay all util. except water/sewer. 24 Hr. Notice Offered @ \$574,300

DUPLEX STYLE



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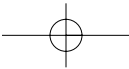
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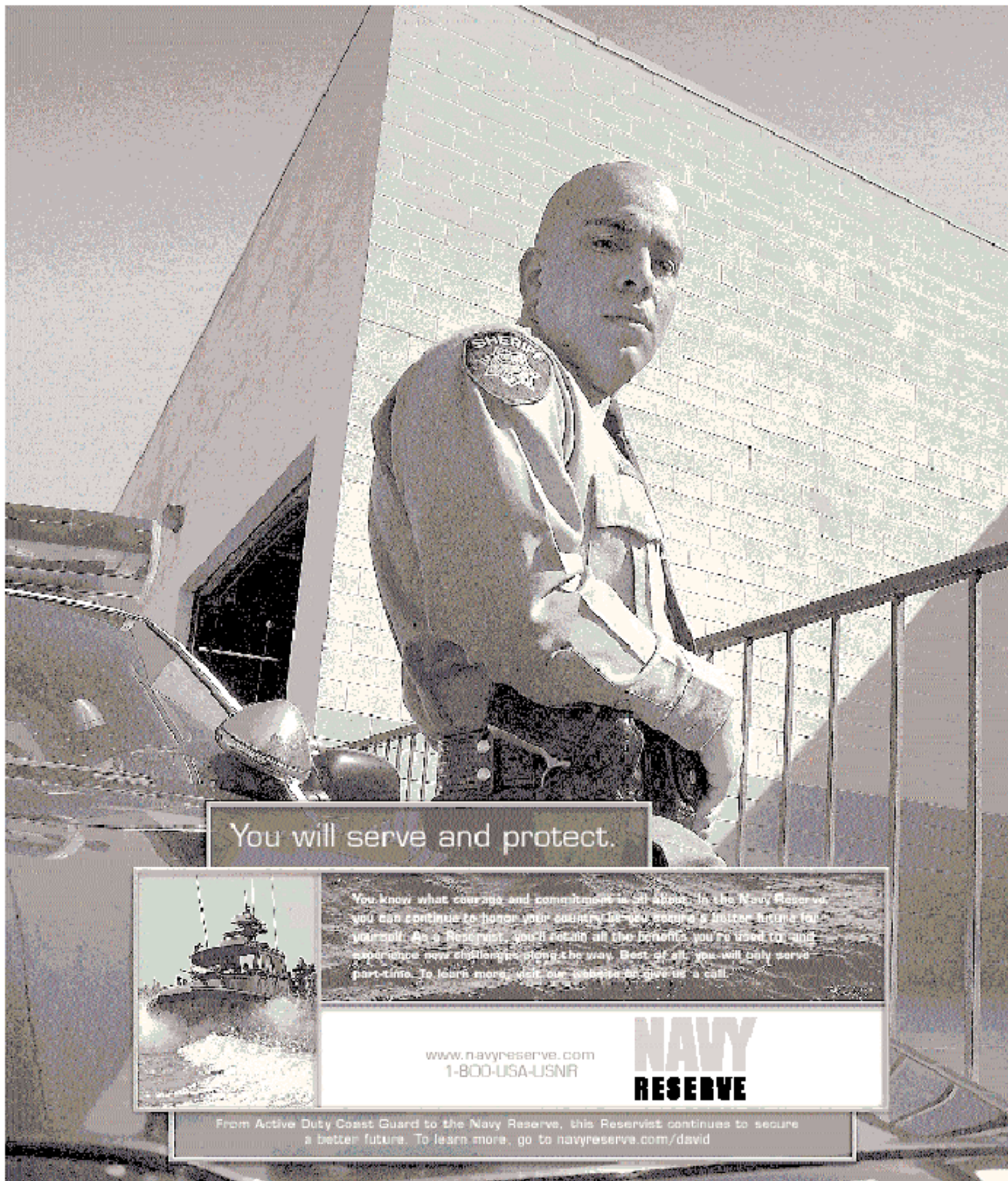
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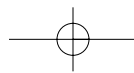


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# Health Benefits Fair scheduled at NUWC

Naval Station Newport employees are welcome to the Naval Undersea Warfare Center Division, Newport, Health Benefits Fair Nov. 29 from 10 a.m. to 2 p.m. In Building 80. Open season runs from Nov. 13 through Dec. 11.

During the upcoming Open Season you will be able to enroll in three separate benefits programs.

This is the only opportunity for 2007 to enroll or make changes without a life event.

**1. Health Benefits (FEHB):**  
2007 FEHB Premium Rates are available online at <http://www.opm.gov/insure/health/07rates/index.asp>

2007 Plan Guide and Individual Plan brochures are available at <http://www.opm.gov/insure/health/index.asp>

FAQ's regarding the FEHB program are online at <http://www.opm.gov/insure/health/qa>

To enroll during open season go to EBIS online at <https://www.civilianbenefits.hrc.navy.mil> and click on the EBIS link. For assistance contact The Benefits Line 1-888-

320-2917, Monday to Friday 7:30 a.m. and 7:30 p.m., except federal holidays.

**2. Flexible Spending Account (FSA):**  
FSA Information and Enrollment is online at <https://www.fsafeds.com/fsafed/index.asp>

FAQ's regarding FSA are online at <https://www.fsafeds.com/fsafed/SummaryofBenefits.asp>

**3. New: Dental and vision coverage (FEDVIP):**  
You can enroll in FEDVIP if eligible for FEHB (you do not have to be enrolled in FEHB – just eligible).

Dental & Vision provider contact information and Enrollment is available online at <http://www.benefeds.com> — click on "Dental Plans" and "Vision Plans" links for a list of providers at <http://www.opm.gov/insure/DentalVision/faq.asp>

**Contact information:**  
Until Nov. 10, only contact the FEDVIP General Information Line at 1-866-639-3917 between 8 a.m. and 8 p.m. Eastern Time, weekdays.





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<b>Small Chicken Cold Sandwich</b>	<b>\$3.75</b>
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# Saratoga Foundation wins \$6.5 million financing loan

NORTH KINGSTOWN — The decommissioned aircraft carrier Saratoga, currently berthed at Pier 1, Naval Station Newport, took a step closer last weekend to becoming the centerpiece for an Air, Land & Sea Heritage and Technology Park at the former Quonset/Davisville Naval Air Station.

The USS Saratoga Museum Foundation last Friday unveiled a \$6.5 million financing deal with Independence Bank of East Greenwich, backed by the U.S. Department of Agriculture, that provides "the critical mass of funding" for its plan to establish a family attraction, educational center and memorial featuring the retired aircraft carrier.

"Pier space was reserved for us at Davisville until May 1, 2007," noted Frank Lennon, the foundation's president. "But the biggest condition was to show that we could raise \$10 million to get this project off the ground without a state subsidy."

Between the new financing and the donations and sponsorships already given or pledged, the foundation has reached that goal.

Speaking at the foundation's headquarters, Gov. Donald L. Carcieri hailed the loan commitment as "an independent confirmation of the project's feasibility and long-term stability."

"Hopefully, this latest commitment by a local bank, to be backed by the federal govern-

ment, will have a positive effect on others contemplating contributions," said Alan Shawn Feinstein, whose pledge of more than \$1.5 million makes him one of the project's largest supporters.

A 14-foot model of the Saratoga was on view at the news conference, and exhibit designer John Evans was on hand to share his vision for the museum's permanent galleries, whose exhibits are to spotlight historic marine expeditions.

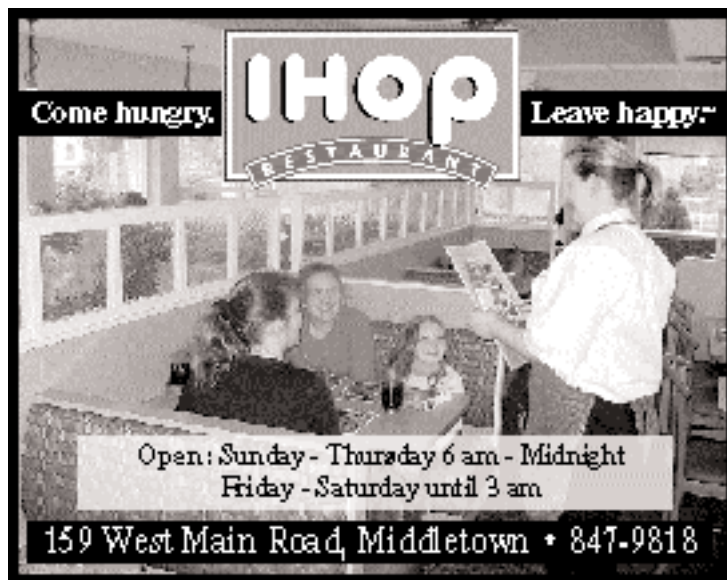
Robert Catanzaro Sr., Independence Bank's chairman and CEO, said that, "As bankers, we believe this project would be of great benefit to Rhode Island, which makes the financial commitment eminently worthwhile. This project will create jobs, bring new money into the state and provide a shot in the arm for

the local economy."

The new loan will go toward providing a safe mooring for the carrier at Davisville, and toward related landside construction. Before the Saratoga makes its "last cruise," a number of issues still must be resolved: Permits must be obtained for the necessary construction, on land and sea, and for dredging at the vessel's future berth; environmental and historic preservation guidelines must be met; access and security concerns must be resolved; the Navy's donation of the ship must be finalized.

But it was the money that had always been seen as the biggest issue.

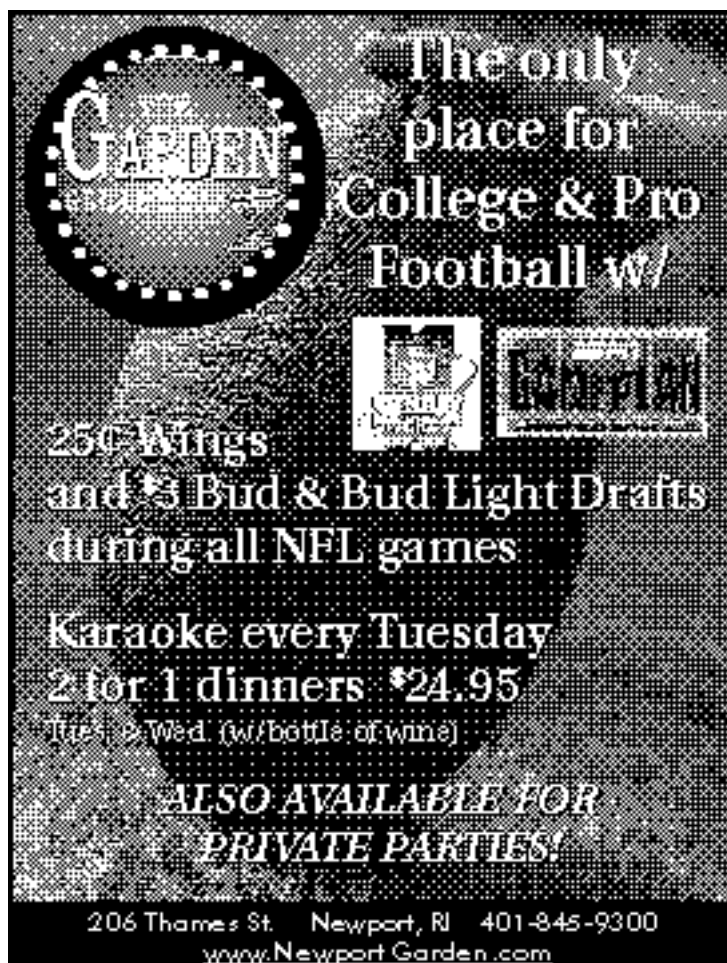
Besides the new \$6.5 million loan, the project will require \$4.5 million in equity from the museum foundation, Lennon said. More than \$3.5 million already has been raised.



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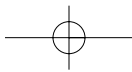
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Navy Individual Augmentees (IA) set out on foot patrol around the perimeter of Ft. Suse, northern Iraq, the site of the Theater Internment Facility Operations Center. About a dozen masters-at-arms attached to Naval Station Newport returned in September after a nine-month tour of duty near the Iranian border.

Ron Fontaine and  
MA1 Peter Kendrick  
/U.S. Navy photos



# IAs back from Iraq, detainee guard duty

By **RICHARD ALEXANDER**  
Navalog editor

Almost a dozen Naval Station (NAVSTA) Newport petty



An Iraqi-sized grasshopper lands on the head of Master-at-Arms Peter Kendrick on patrol one evening in northern Iraq.

(IA) in support of Operation Iraqi Freedom, received recognition at an All Hands muster in Building 1121 last week.

They served with the Navy Provisional Detainee Battalion at Fort Suse, in northern Iraq, the site of the Theater Internment Facility Operations Center. At any given time it houses 1,350 high security risk detainees. There were 650 U.S. service-members, plus Kurdish correctional police on guard duty and region patrols assigned to the fort.

Capt. Todd Malloy, Commanding Officer, NAVSTSA, presented Navy and Marine Corps Commendation and Achieving Medal, or Letters of

Commendation to the men and one woman. The awards were signed by Capt. M.R. Olmsted, battalion commanding officer in Iraq.

"It's amazing what you never hear about with the war in Iraq," he said. "I've never heard of Fort Suse before."

He said the masters-at-arms may find NAVSTA pretty tame after being in Iraq. "But I want to thank you for your service, and congratulations on your awards."

Chief Master-at-Arms Robert Beachy, was the internment center CPO, from January 2006 to last September. He received a Commendation Medal.

Beachy said Ft. Suse was about 450 miles north of Baghdad and 19 miles from the Iranian border. The high security compound was where prisoners rounded up from across the country were housed.

"We had the worst of the worst detained with us," he said. "You always had to keep your guard up and follow pro-



A small child tries on Master-at-Arms First Class Peter Kendrick's helmet during a distribution of food and clothing to Kurdish villagers.

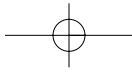
cedures, or they'd take advantage of it."

Master-at-Arms 1st Class (SW) Peter Kendrick, who also received a Commendation Medal, served from January to September 2006. He led 31 personnel through turnover procedures with two Army platoons, and took responsibility for seven Humvees, weapons and various combat equip-

ment used in defending the fort. He oversaw the planning of 50 tactical patrols of the local area, and 30 community relations patrols, where over 3,000 pounds of supplies were delivered to local Kurdish villages.

The Sailors had initial IA training at Port Hueneme,

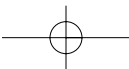
IAs, Page 11











# November 2006 Holiday Hours of Operation for The Department

	Fri., 10 Nov.	Wed., 22 Nov.	Thurs., 23 Nov.	Fri., 24 Nov.	Sat., 25 Nov.	Sun., 26 Nov.
MWR Admin	CLOSED	8 a.m. to 4:30 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Bowling Ctr.	UNDER CONSTRUCTION					
EM & CPO Lounge	CLOSED	4 to 11 p.m.	CLOSED	4 to 11 p.m.	4 to 11 p.m.	CLOSED
Computer Cafe	CLOSED	12 to 6 p.m.	CLOSED	12 to 6 p.m.	12 to 6 p.m.	CLOSED
Liberty Ctr.	2 to 9 p.m.	4 to 9 p.m.	CLOSED	4 to 10 p.m.	12 to 10 p.m.	2 to 9 p.m.
O' Club	11 a.m. to 11 p.m.	11 a.m. to 10 p.m.	12 to 4 p.m.	11 a.m. to 3 p.m.	CLOSED	CLOSED
Gym 109	9 a.m. to 6 p.m.	5 a.m. to 9 p.m.	CLOSED	7 a.m. to 7 p.m.	7 a.m. to 7 p.m.	9 a.m. to 5:30 p.m.
Fitness Plus	CLOSED	5 a.m. to 7 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Pool 307	CLOSED	11 a.m. to 1 p.m. & 3 to 6 p.m.	CLOSED	11 a.m. to 1 p.m. & 3 to 6 p.m.	9 a.m. to 1 p.m.	12 to 5 p.m.
ITT	CLOSED	9:30 a.m. to 12 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Auto Skills	CLOSED	11 a.m. to 7 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
Vet Clinic	CLOSED	9 a.m. to 4 p.m.	CLOSED	CLOSED	CLOSED	CLOSED
NWC Cafe	CLOSED	Regular Hours	CLOSED	CLOSED	CLOSED	CLOSED
ORR	CLOSED	10 a.m. to 6 p.m.	CLOSED	CLOSED	CLOSED	CLOSED

## Aerial photos of naval complex available

One of the many benefits of being assigned to a unit in Newport is the beautiful area in which we live and work. Newport is one of the busiest tourist areas on the Northeastern seaboard.

The Navy Exchange (NEX) features many of the items tourists purchase in town at a fraction of the price non-Department of Defense affiliates pay.

Aside from the items stocked as part of their regular local

feature inventory, items like Newport sweatshirts and the ever present lobster stuffed animal, NEX is now featuring photographs by New England Wings, a small business owned and operated by Lori Shaker.

Ms. Shaker gets her supply of photos with the help of local pilot G. Gordon Silvia, a former Marine and Disabled American Veterans (DAV) of Vietnam.

Silvia has been flying the skies over Rhode Island for 12

years in his 172 Cessna. He has assisted the Navy by photographing beautiful aerial views of the base and ships in the past.

These photos make excellent going away gifts, mementoes of a successful tour in Newport or a beautiful addition to home or office décor.

Stop by and visit. New England Wings is just one of the many reasons to shop at your local Navy Exchange.



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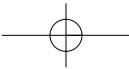


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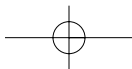
Tuesday, November 14, 2006  
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Announcements

Commissary adds hours

In an effort to meet customer holiday shopping needs, the hours of operation at the Commissary at Naval Station (NAVSTA) Newport the week of Thanksgiving will be as follows:

- Sunday, Nov. 19, 9:30 a.m. to 5 p.m.
- Monday, Nov. 20, 9 a.m. to 7 p.m.
- Tuesday, Nov. 21, 9 a.m. to 7 p.m.
- Wednesday, Nov. 22, 9 a.m. to 7 p.m.
- Friday, Nov. 24, 9 a.m. to 7 p.m.
- Saturday, Nov. 25, 9 a.m. to 6 p.m.

Turkey dinners, anyone?

Morale, Welfare and Recreation (MWR) Department is offering a traditional Thanksgiving dinners for about eight to active duty personnel, retirees and their family members for \$50.

The pre-cooked holiday dinner can be picked up on Wednesday, Nov. 22, and consists of a fully-cooked whole Butterball turkey, gravy, stuffing, mashed potatoes, butternut squash, cranberry relish, one dozen fresh dinner rolls, and a fresh apple pie; or a spiral ham, mashed potatoes, butternut squash, broccoli au gratin, ham glaze, one dozen fresh dinner rolls, and a fresh apple pie.

The MWR Administration Office will accept orders in person in Building 1121 (second floor) through Thursday, Nov. 16, Monday through Friday, between 8 a.m. to 4 p.m.

For more information, call 841-2643.

MWR facilities closed

On Veterans Day federal holiday tomorrow, Nov. 10, Gym 109 will be open from 9 a.m. to 6 p.m., the Liberty Center will be open from 2 to 9 p.m., and the Officers' Club will be open from 11 a.m. to 11 p.m.

The following facilities will be closed: Morale, Welfare and Recreation Administration, Information, Tickets and Travel, Fitness Plus, Computer Café, Pool 307, Auto Skills, Enlisted and CPO Club.

The Marina is closed for the season and the Seaview Bowling Lanes is closed for renovations.

Food boxes distributed

The 2006 Caring and Sharing drive, consisting of holiday food collection boxes, is underway at Naval Station Newport. Coordinated by the Fleet and Family Support Center with assistance from the Chapel of Hope, the goal is to help ensure a joyous holiday period for all of our attached personnel who may be in need this holiday season.

Boxes have been placed all over NAVSTA, including the front of the Chapel of Hope. Dried, canned or prepared foods will be accepted.

For information, see your command's Caring and Sharing representative or contact Religious Program Specialist 1st Class(SW) C.J. Casey at the Chapel of Hope at 841-2234.



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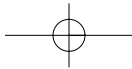


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## Leisure

### Liberty Center (Recreation Center Building 656, 841-3054)

Hours of operation, Monday to Thursday, 4 to 9 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, 2 to 10 p.m.

#### November events:

Tonight — Pool tournament, 7 p.m., with prizes for first and second place

Nov. 10 — Veterans Day holiday. Liberty Center is open 2 to 9 p.m.

Nov. 11 — Madden '07 Tournament, 7 p.m., with prizes for winners

Nov. 12 — Football Sunday Center open at 1300 — Free popcorn!

Nov. 16 — Ping Pong Tournament 7 p.m.

Nov. 17 — Texas Hold 'em Tournament 7 p.m. Prizes for top three finishers

Nov. 18 — Free Make Your Own Ice Cream Sundae — 7 p.m.

Nov. 19 — Football Sunday center open at 1 p.m. — Free popcorn!

Nov. 21 — Pumpkin Pie Day—Enjoy early Thanksgiving dessert while it lasts!

Nov. 23 — Thanksgiving Day, Liberty Center is closed

### Pool 307

(Pool 307, 841-6628)

Swimming lessons for all skill levels are offered, pre-school (ages 3 to 5) and Level 1, 2 and 3 (ages 6 and up). All registrations take place at the athletic director's office in Gym 109 Monday to Friday from 9 a.m. to 4 p.m. For more information, call the aquatics director at 841-7196.

**Upcoming lessons:** The next session takes place Nov. 20 to

Dec. 14 with registration starting on Friday, Nov. 10. The cost is \$45 per seven-class session, and meets twice a week (no classes on Thanksgiving).

### Aerobics/ exercise

(Gym 109, Building 109, 841-3154)

MWR Fitness classes: Stop by Gym 109 or Fitness Plus today and pick up the new fitness schedule. There are a variety of classes including water aerobics, extreme cardio kickboxing and cycling classes.

Classes are taught at Gym 109 as early as 6 a.m. and as late 6 p.m., Monday through Friday. There is a class to fit

into nearly everyone's hectic schedule!

They're free for active duty and \$1 for reservists, dependents, retired and \$2 for Department of Defense personnel.

Call the Athletic Office at Gym 109 at 841-7196 or Fitness Plus at 841-1474 for more information.

### Music/games

(Building 656, 841-2575)

• The next Karaoke night will be next Saturday, Nov. 18, at 8 p.m. Showcase your talents with golden oldies, country hits, and of course, today's top tunes. No cover charge, open to all hands. For more information, call the Recreation Center at 841-3054.

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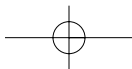
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Information, Tickets and Travel

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Information, Tickets and Travel has discount tickets to the following:

At the Providence Performing Arts Center: Movin' Out on Dec. 3, at 6:30 p.m., \$54 each  
Man of La Mancha on March 31, 2007, at 2 p.m., \$29.50 each

At the Dunkin Donuts Center: Transiberian Orchestra on Dec. 17, at 7:30 p.m. \$49 each

Don't miss Macy's Parade

Don't miss your chance to see the famous Macy's Thanksgiving Day Parade, highlighted by magnificent floats, giant balloons, fabulous marching bands, celebrities and of course, Santa Claus.

The Information, Tickets and Travel Office will travel to New York on Thursday, Nov. 23, for this must-see event and they want you to come along! Cost is just \$48 per person.

The bus departs at 5 a.m. and returns at 6 p.m., so you will still be able to enjoy Thanksgiving dinner when you return. This trip will sell out, so sign up today! Register at the Information, Tickets and Travel Office, Building 1121 or call 841-3116 for more information.

New York City bus trip

Get a jump on the holiday season with tickets to the Information, Tickets and Travel Office Radio City Christmas Spectacular bus trip on Thursday, Dec. 14. This is a wonderful gift for your entire family that will be remembered for years to come. This trip is an annual sell out and tickets are limited, so act fast!

Per person cost is \$88 and includes round trip motorcoach transportation and ticket for the 11

a.m. matinee performance. The bus departs at 5 a.m. and returns at 10 p.m. There will be ample time after the performance to shop or sightsee.

If you'd rather shop 'til you drop, hop on board and experience Christmas shopping New York style! See the spectacular Rockefeller Center Christmas tree with it's 78,000 lights, visit one of the best toy stores ever, FAO Schwarz, or shop for the latest fashions.

Trip price is just \$48 per person and space is limited. Register at the Information, Tickets and Travel Office, Building 1121.

Bruins tickets available

The ITT Office at MWR has tickets to the following Boston Bruins games at the TD Bank North Garden :

- Nov. 18 at 7 p.m. vs. Washington Capitals
- Dec. 9 at 7 p.m. vs. New Jersey Devils
- Jan. 15 at 1 p.m. vs. Buffalo Sabres
- Jan. 20 at 7 p.m. vs. Ottawa Senators
- Feb. 10 at 7 p.m. vs. N.Y. Islanders
- March 3 at 7 p.m. vs. Montreal Canadiens
- March 31 at 1 p.m. vs. Atlanta Thrashers

One-week vacations offered at discount

All active duty and retired military personnel, reservists and DoD personnel are eligible to participate in the Armed Forces Vacation Club. The club provides one-week vacations on a space available basis for \$299 at locations throughout the world.

For complete information, visit the Armed Forces Vacation Club website at [www.afvclub.com](http://www.afvclub.com) (when booking a reservation use installation #163).

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**Friday, Nov. 10 Kashmir**  
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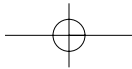
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Sports

Intramural flag football

The Naval Station Newport Intramural Football League playoffs began this week, with the championship game planned for Nov. 14.

The final standings as of Nov. 5 follow:

NAVSTA Patriots def. NWC Staff, 19-7

Kool-Aid def. NOSC, 14-6

NWC Students def. SWOS DH Class 189, 7-6

NJS def. One Pelham East, 7-0

NWC Staff def. NUWC Social Club, 7-6

NACC def. Kool-Aid, 20-18

SWOS DH Class 189 def. One Pelham East, 14-0

NWC Students def. Nineties, 28-12

Law Dawgs def. NJS, 24-18

NACC def. NWC Students, 27-20

Standings

Law Dawgs.....	10-0
NAVSTA Patriots.....	9-1
NACC.....	8-2
NWC Students.....	9-3
SWOS DH Class 189.....	6-5
NWC Staff.....	6-5
Kool-Aid.....	4-5
NJS.....	3-7
One Pelham East.....	3-8
NUWC Social Club.....	2-8
Nineties.....	2-8
NOSC.....	2-9

Results from the week ending Oct. 27 follow:

NJS def. NOSC, 20-0

NACC def. DH Class 189, 13-7

Law Dawgs def. NWC Staff, 18-0

Social Club def. DH Class 189, 14-13

Nineties def. NJS, 18-13

NACC def. NWC Staff, 27-6

Kool Aid def. Nineties, 26-7

Law Dawgs def. NOSC, 27-7

NAVSTA Patriots def. NJS, 13-0

One Pelham East def. NWC Staff, 26-0

DH Class 189 def. Kool Aid, 6-0

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<b>THURSDAY</b> <b>2 FOR \$20 DINNERS</b> @ 9:30-12:45 <b>DJ BELLS</b>	<b>FRIDAY</b> 4:00 PM-12:00 AM <b>FREE HORS D'OEUVRES</b>	<b>SUNDAY</b> 1:00-5:00 PM <b>25¢ WINGS</b> 5:00-10:00 PM <b>5¢ PIZZA</b> <b>KARAOKE @ 9 PM</b>

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## Continued from Page 3

"I was carrying a basket of clean linen upstairs," said the retired senior chief mess management specialist who served 28 years. "When I reached the top of the steps, I was so winded I had



He said using strategies such as taking a walk and drinking water also helped ease his cravings.

Smoke free for six months, Army Sgt. James Buckley said he was motivated to participate in the Tobacco Cessation Program for two reasons: The threat of serious health problems and a deal with his 5-year-old grandson.

If the boy gave up his “binky” pacifier,

Peer pressure persuaded Buckley to start smoking at age 12. He wanted to be “cool” with his friends.

“The program here (NACC) and the facilitators are superior,” said Carroll, who surmises a comparable program in the civilian sector would be costly. “It is a very valuable benefit and I don’t understand why more people don’t take advantage of it.”

The program provides participants with the tools, motivation, support, and medications that can assist individuals in successfully quitting tobacco use.

Strong associations between cigarette smoking and cancers of the mouth, tongue, throat, larynx, esophagus and pancreas have also been proven.

For more information about Navy Smokeout Day or smoke cessation and support programs, contact the NACC Health Promotion Clinic at 841-6777.

## Continued from Page 4

The college acknowledged Strasser's service to the foundation with a retirement dinner at the Atlantic Beach Club on Sept. 25 where Shuford, presented Strasser with the Department of the Navy's Distinguished Public Service Award.

Strasser ended his active duty Navy career as the longest serving president of the college, a position he held for five years.

leges.

Strasser, along with former college president, Rear Adm. Ronald J. Kurth, knew that the college's curriculum was demanding and warranted academic certification for the students' accomplishments. Thanks to Strasser and Kurth's efforts, resident students at the War College receive a Master of Arts degree in National Security & Strategic Studies.

When Strasser left the military he accepted an appointment at Pennsylvania State University, but a few years later decided to return to Rhode Island. In 2000 he accepted his current position at the foundation. He was originally supposed to retire in 2005, but he decided to stay on longer while the foundation searched for a suitable successor.

His successor will be retired Rear Adm. Roger T. Nolan.

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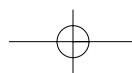


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